



leora hoffman

MATCHMAKER | ATTORNEY | AUTHOR

LOVE BY LEORA

Catch Me a Catch

When it comes to searching for “The One,” seasoned matchmaker Leora Hoffman cautions against feverishly aspiring to Hollywood’s depiction of instant chemistry, courtship and deep, abiding love. In fact, she has witnessed some of the best, most fulfilling relationships work out after an initial period of uncertainty.

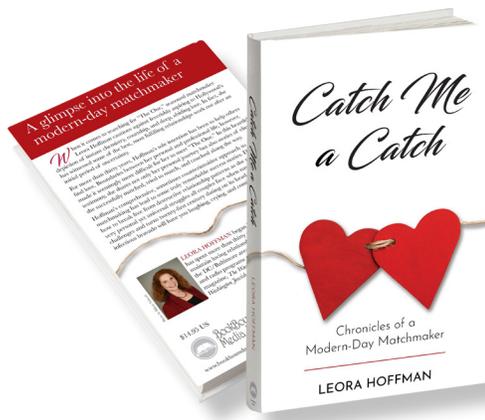
For more than 30 years, Hoffman’s sole intention has been to help others find love. Boundaries between her personal and professional life, however, made it seemingly more difficult for her to meet “The One.” In this heartfelt testimony, she shares not only her personal journey but also stories of clients she successfully matched, tried to match and coached along the way.

Hoffman’s comprehensive, sometimes counterintuitive, approach to matchmaking has led to some truly remarkable success stories. Discover how to break free from destructive relationship patterns as she reveals some very personal yet universal struggles all couples face when navigating life’s challenges and turns 21st-century dating on its head. Hoffman’s infectious bravado will have you laughing, crying and coming back for more.



Hollywood’s depiction of instant chemistry, courtship, and deep, abiding love is a notion that pervades our culture. As a result, hopeless romantics fervently aspire to be swept away by love. But it doesn’t always happen that way. If I have learned anything, it is that the magic of love can emerge in a myriad of ways. In fact, some of the best, most fulfilling relationships start out quite differently.

–Leora Hoffman, Author



**ORDER
YOUR
COPY
TODAY!**

Available on
amazon

About the Author

Leora Hoffman began her career as an attorney and has spent more than 30 years helping couples build and maintain loving relationships. A matchmaking expert within the DC/Baltimore area, she has appeared on numerous TV and radio programs and has been featured in Washingtonian magazine, The Washington Post, The Washington Times, Washington Jewish Week and The Baltimore Sun.

1. What inspired you to write this book?

I began this project as a tribute to my late friend Stuart, a published author, who encouraged me to write my story, along with the stories of my clients. I was advised to write a book to market my matchmaking business when I first got started, but it wasn't until his passing that I began to organize my thoughts around this book.

2. What is the key theme and/or message in the book?

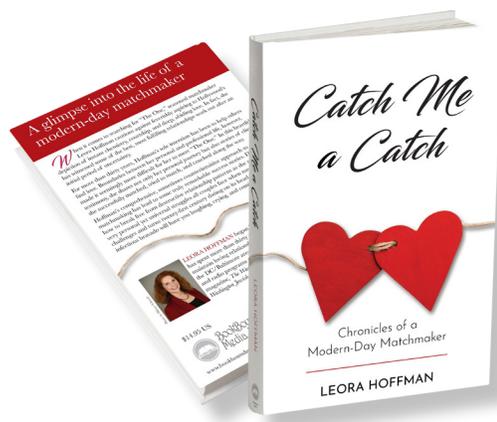
This book is a message of hope. For singles, the key theme is to never give up on finding love, just as I never gave up, despite the many challenges I faced. For couples, the message is that it's not only OK but necessary to work on a good relationship and that doing so will strengthen any relationship.

3. What do you hope your readers will take away from this book?

I hope the reader will conclude that love is indeed attainable with an open heart, a flexible mind, and a touch of humor thrown into the mix.

4. What were some of the challenges you faced while writing this book?

I found it challenging to impart the lessons I have learned from my clients in a discreet and tactful way without sounding didactic. The dating advice I wanted to convey was therefore channeled through each story.



**ORDER
YOUR
COPY
TODAY!**

Available on
amazon

5. What was the biggest challenge in writing this book?

I found it daunting to reveal the most intimate and painful details of my own journey to find love. I was encouraged by my belief that my own struggles could help others be more aware and open to love after reading this book.

6. What is the most rewarding part of your publishing journey?

It has been cathartic to describe my personal struggles and so rewarding to receive feedback that readers related to the relationship challenges described in *Catch Me a Catch*.

7. What advice would you give other writers seeking publication?

I would advise them to stay focused on the message while being prepared to have the project evolve with advice from a trusted professional in the field.

8. How did your friends and family react to your book?

The feedback that I have received has been very positive and validating. People have expressed surprise at some of the details of my life that they were unaware of and admiration for the courage it took to "put myself out there" as I have.

9. How did you select the client stories scattered throughout the book?

I intended the "lesson" from each client's story to be consistent with my preceding personal story's theme.

10. What books or authors have most influenced your own writing?

This is my first book, so it's difficult to say. It was a pleasure returning to prose after being trained in legal writing for decades. I have always enjoyed historical fiction writers like Ken Follett, as well as nonfiction relationship-oriented works by psychologists, such as Harville Hendrix and Esther Perel.



leora hoffman

MATCHMAKER | ATTORNEY | AUTHOR

LOVE BY LEORA

Book Reviews

"Leora Hoffman's book is a great gift to anyone wanting to learn more about dating, commitment, love, and how professional matches are made. Leora takes us on an authentic, personal journey through her own love challenges with a delightful sense of humor, honesty, and personal depth. We gain the pearls of her wisdom through her psychological insights, which are excellent and right on point. The way she combines personal experiences, psychological dynamics, practical advice, and her unique matchmaking expertise make this an excellent read and resource. What a treat to gain access to the process and thoughts of a most sought after matchmaker. It is clear she is a matchmaker with compassion and caring who actively keeps hope alive for finding ones match. This is by far the best book I have read on the subject of seeking assistance in finding and keeping love."

Dr. Barbara Kaufman
Licensed Psychologist
Rockville, MD

"Professional matchmakers may have a negative connotation for many Americans; however, Ms. Hoffman's book leads me to think there is a very valuable, and much needed, service they can offer that internet dating, bar pick-ups, and other blind dating will never provide. Many of our mothers were amateur matchmakers and took pride in having made one or perhaps two successful matches amongst friends and relatives. They believed there was someone for everyone. But somehow the community today does not meet the needs of so many who are seeking partners. Ms. Hoffman demonstrates how knowledgeable matchmakers can guide those in search of companionship and love. After reading this book, I might say to many young women passing thirty, 'Rather than spending thousands of dollars to freeze your eggs, first try an experienced human matchmaker.'"

Rachel Z Ritvo, MD
Board Certified Child and Adolescent Psychiatrist
and Clinical Assistant Professor of Psychiatry at
George Washington University

"Those looking for love often struggle to find the right person. *Catch Me a Catch* by Leora Hoffman offers hope by providing inspirational stories of real people, including the author, as they search. This book will definitely help."

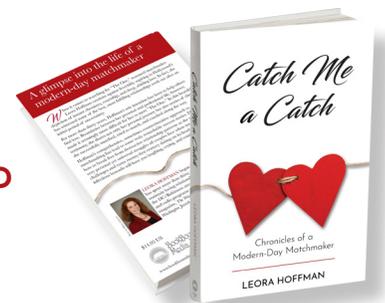
Nancy K. Schlossberg, Professor Emerita,
University of Maryland, and author of
Too Young to Be Old: Love, Learn, Work, and Play
as You Age (2017), published by the American
Psychological Association

"In this age of online dating, Leora Hoffman demonstrates the value of an old-school matchmaker who is a dating coach, counselor, and cheerleader after introducing two people to each other. Leora invites the reader into her own personal life with courage and self-awareness. Then she shares what she has learned from her life and work. Reading this book is bound to give you new insights into your own way of loving and living. Readers, know this: Leora cares about people. She wants you to find love, and she wants you to be happy."

David L. Kupfer, PhD
Falls Church, VA

"In *Catch Me a Catch*, Leora Hoffman generously shares a wealth of information about her many years as a successful matchmaker and her very personal and exquisitely detailed experiences along the way. Always learning and looking for ways to best enhance her clients' experiences in finding relational happiness, Leora shares her many successes as well as her occasional failures with refreshing candor and honesty as she details the adventures and experiences of her clients as well as her own journey to happiness and lasting partnership and success in the area of relationships. Highly recommended."

Fredric B. Kleiner, PhD
Director of the
Relationship Center
of Bethesda, MD





FOR IMMEDIATE RELEASE

Media Contact: Tonya Woodworth

Email: info@bookboundmedia.com

Phone: 772-249-2891

New book offering hope for singles turns 21st-century dating on its head ***Glimpse into the life of a modern-day matchmaker***

WASHINGTON, March 1, 2020 – For more than a century, hopeless romantics have unnecessarily suffered the consequences of Hollywood’s false, nearly unattainable depiction of love. Through her debut book “Catch Me a Catch: Chronicles of a Modern-Day Matchmaker,” first-time author and seasoned matchmaker Leora Hoffman aims to change all that.

“If I have learned anything,” said Hoffman, “it is that the magic of love can emerge in a myriad of ways. In fact, some of the best, most fulfilling relationships start out quite differently.”

For more than 30 years, Hoffman’s sole intention has been to help others find love. Boundaries between her personal and professional lives, however, made it seemingly more difficult for her to meet “The One.” In her heartfelt testimony, Hoffman shares not only her personal journey but also stories of clients she has successfully matched, tried to match, and coached along the way.

Her comprehensive, sometimes counterintuitive, approach to matchmaking has led to some truly remarkable success stories. Despite these successes, Hoffman has witnessed many couples jumping ship “over dealbreakers that may or may not come to fruition.” By revealing some very personal yet universal struggles all couples face when navigating life’s challenges, she shows readers how to negate unrealistic expectations, break free from one’s own baggage, avoid destructive relationship patterns, maintain healthy boundaries, identify classic red flags, and much more.

Whether struggling with issues like body image, divorce, fear, loss, or addiction, “Catch Me a Catch” shows readers that with the right mindset, patience, and chemistry, love is possible, even in the most unlikely of circumstances.

Published by BookBound Media, LLC, “Catch Me a Catch: Chronicles of a Modern-Day Matchmaker” is available for purchase online through Barnes & Noble and Amazon.com. For interviews and appearances, contact Leora at leora@leorahoffman.com. Visit www.lovebyleora.com to learn more.

About Leora Hoffman

Leora Hoffman began her career as an attorney and has spent more than 30 years helping couples build and maintain loving relationships. A matchmaking expert within the DC/Baltimore area, she has appeared on numerous TV and radio programs and has been featured in Washingtonian magazine, The Washington Post, The Washington Times, Washington Jewish Week, and The Baltimore Sun.

###